

## Where can I get more Information?

If you need more information call:  
Montana HIV/STD/HCV Section  
444-3565  
or on the web at  
[getcheckedMT.org](http://getcheckedMT.org)

## How to use a condom

### Step 1

Open the package, (do not use teeth). Be careful not to tear the condom. Put the condom on before intercourse.

### Step 2

Place condom on penis and hold the tip of the condom to squeeze out the air. Roll it down the erect penis to the pubic hair. Make sure the condom does not ride up during sex.

If there is no tip, leave a half-inch space at the tip for semen. Pinch it to squeeze out the air.

### Step 3

If the condom is not lubricated (wet), you can put on some lubrication. Do NOT use oil or vaseline. These can weaken condoms, causing them to break.

If you feel a condom break during sex, stop, pull out and put on a new condom.

### Step 4

After you ejaculate (cum), and while the penis is still erect, hold the condom firmly at the base, close to the pubic hair. Pull out slowly. Remove the condom by rolling it off.

### Step 5

Tie the condom in a knot and throw it away. Do not flush it down the toilet. Clean off remaining fluids from penis.

**Remember:** Use a **NEW** condom every time you have sex — anal, oral or vaginal.

## HIV Testing Locations

### Billings

RiverStone Health	247-3305
Yellowstone AIDS Project	245-2029
Montana Migrant Council	248-3149

### Bozeman

AIDS Outreach	451-5718
Bridgercare	587-0681
Connections	813-8209

### Butte

Family Services Center	497-5080
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### Great Falls

Cascade City-County Health Dept.	454-6950
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### Havre

Hill County Health Dept.	265-5481 ext. 266
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### Helena

Lewis and Clark Public Health	457-8900
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### Kalispell

Flathead City-County Health Dept.	751-8150
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### Lewistown

Central Montana Family Planning	535-8811
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### Missoula

Missoula City-County Health Dept.	259-3896
Open Aid Alliance	543-4770
FDH & Associates	829-8075
Partnership Health Center	258-4789

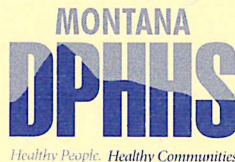
### Pablo

Salish/Kooteni College	275-8378
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To find more testing locations in MT visit [getcheckedMT.org](http://getcheckedMT.org)

For additional information or more copies of this publication contact Montana STD/HIV Section

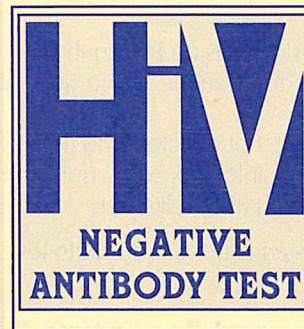
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## MONTANA



## Department of Public Health and Human Services



# About Your Negative HIV Antibody Test

## What do the test results mean?

The HIV test shows you have HIV antibodies in your body. HIV is the virus that can cause AIDS.

A negative test means no HIV antibodies have been found in your test sample at the time of your test. It can mean:

- 1) you are not infected with the HIV virus, or
- 2) you are infected, but your body hasn't made enough antibodies yet.

The HIV test is an extremely accurate test.

## Since I tested "negative," am I free from HIV now?

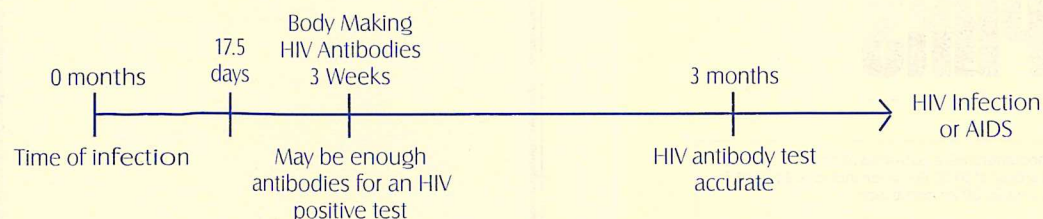
**YES...** If you were tested 6 months after the last time you had unsafe sex or shared needles or "works."

**MAYBE...** If your last unsafe act was 3 months ago or more at the time you tested, then you are probably free from HIV. For most people, the test can find an infection if the test sample is taken 3 months after a person got the virus.

**BUT...** If less than 3 months has passed since your last unsafe experience and the time of your test, the test may not find antibodies, even though you are infected.

If you had an unsafe experience after the test sample was taken, you need another test.

## HIV Antibody Window Period



## Do I need another test?

Answer these questions to see if you should get tested again:

In the 3 months before your test, or any time after your test, did you...

- Have unprotected sex with a person who may have HIV?
- Share injection needles or "works"?
- Fail to use condoms correctly for every sex act?
- Have an occupational (work-related) exposure to HIV?

If you answered "yes" to any of these questions, there's a chance you could have HIV. You should get tested again 3 months after your last unsafe experience.

## How can I get HIV?

HIV is found in blood, semen ("cum"), breast milk and vaginal fluids. The virus can be passed to others through any of these body fluids. For HIV to pass from one person to another, the body fluids of an infected person must get inside the body of another person. The HIV virus can enter through the vagina, penis, anus, mouth, or a cut anywhere on the body.

The more times you are exposed to HIV, the greater your chance to get the infection. **If you don't have HIV, you can stay that way by protecting yourself now.**

**HIV is preventable! Protect yourself!**

## What can I do to keep safe from HIV?

Not having unprotected sex and not shooting drugs are the surest ways to prevent getting HIV. There are also other ways to reduce your risk of getting HIV.

### Protect yourself if you have sex:

- Use a new condom every time you have oral, anal or vaginal sex. Latex or polyurethane are best because HIV can pass through lambskin or natural condoms.
- Use water-based or silicone-based lubricants. **DO NOT** use oils or lotions that can cause a condom to break.

### Protect yourself if you use drugs or alcohol:

- Never share needles (syringes) to shoot drugs, steroids, vitamins, for tattooing, body piercing or any other reason.
- Clean needles (syringes) with bleach, let sit for 30 seconds, repeat 3 times, then rinse with water three times between every use.

**Mixing sex, drugs, and alcohol is risky. If you are drunk or high, it is harder to make good decisions about having sex.**

## What about other sexually transmitted diseases?

Sexually transmitted infections can cause open sores or rashes in or around the vagina, penis, mouth or anus. These tiny breaks and inflammation in the skin may make it easier for HIV and other sexually transmitted diseases to get into the body.

Since many sexually transmitted diseases can be cured, getting treatment will protect your health. Call your health care provider for more information.